

**FREDERICK COUNTY COMMISSION ON AGING RETREAT MINUTES
FREDERICK SENIOR CENTER
August 9, 2010**

DOA MEMBERS	DOA STAFF	EXCUSED	UNEXCUSED	GUESTS
Earl S. Beck, PhD	Kitty Devilbiss	David Gray, Comm	Hal Ehart	Dr. Elizabeth Tanner
Rae Ann Butler	Susan M. Ramsburg Recording Sec	Carol Krimm, Alderman		Angela Blair
Cristina Donahue- Taylor	Carolyn True	Margaret Nusbaum		
Millard Haines		Burt Shawver		
Lloyd Hoover				
Jim Judd				
Diane Julian				
Ona M. John Kile				
Louise Lynch				
Patricia McGill				
Virginia Skelley				
Robert Wannemacher				
Stephen Wilhide				

- I. **Call to Order – Louise Lynch, Chair**, called the meeting to order at 9:30am.

- II. **Welcome & Introductions** – Louise welcomed all attendees. Two guests were present at today's meeting so introductions were done around the table.
- III. **Approval of Minutes** – The minutes of the July 12, 2010 meeting were approved. All were in favor.
- IV. **Commissioner's Report** – Commissioner Gray was not present at today's meeting.

Alderman's Report – Alderman Krimm was not present at today's meeting.

Programs linking nursing education with aging services, Dr. Elizabeth Tanner- Elizabeth was present at today's meeting to share her extensive knowledge in gerontology and senior needs. Her focus is on community dwelling older adults and improving their quality of life. She has been working with a focus group which partners youth with older adults. The interaction has been beneficial for both groups. This has been a collaborate intervention to address a community problem. Elizabeth reviewed some factors (handout) which impact independence in older adults and quality of life. The factors were considered during a study that took place in Baltimore City and Alabama. There are physical limitations, mental factors, social isolation, and lack of community resources. Older adults should be valued for what they can contribute to the community. There are many factors which impede seniors from making that contribution. Frederick county is unique in that it is made up of large rural area and significant, yet numerous, urban areas. Programs that are in place to help seniors do not consistently have funding to assist all who have the need. Decreased physical function, lack of transportation, depression, isolation, and inability to get out all contribute to the decline of a senior person's condition. Multiple medical conditions which require prescriptions can cause overmedication for older adults. There are some programs which require nursing students to take courses which are specific to geriatric conditions. "Never events" are diagnostic codes for which MC/MA no longer reimburse. Readmissions within 30 days, falls within an institution, and UTIs are a few of the conditions which are no longer covered. This went into effect in 2008. Maryland is the exception because of billing components. However, other states are being affected.

Needs Assessment Tools, Elizabeth Tanner. One way to determine what public health strategies are available to older adults would be to investigate the current status of service delivery as a basis for a more comprehensive analysis. Identifying the needs and sorting them by priority are key elements. Find the community resources and explore the possibility of combining or enhancing those efforts. Determine that

funds are being used appropriated and efficiently. One objective would be to convene a forum of geriatric providers to brainstorm options. Each service provider will have a different view of needs based on their interaction with the senior population. A multi-agency workgroup that would commit to a regular schedule of meetings could take the place of a traditional needs assessment.

A study was done by Coalition for Health Enhancement in Elders and Referral Services (CHEERS) which explored the correlation between homebound older adults and the risks to their health. Nurses went into the community to visit these adults and collect data. Data collection was based on specific criteria. Results of this study were shared at today's meeting. Conclusion was that you can address specific issues, but the relationship of issues should also be addressed.

Geriatric Nurse Practitioner Programs in MD, - The geriatric nurse practitioner (GNP) is a dying breed. There is a significant shortage of GRNP and geriatricians. University of Maryland has a program but it is not a stand-alone program. These types of programs are discontinuing. Most programs have been combined with other competencies. There is a lot of cross training so that nurses can graduate with multiple skills.

- V. Discussion concerning themes, ideas from the morning presentation – All** – Community based organizations would be the preferred way to investigate local senior needs. It is agreed that there are likely many resources available that are not easily identifiable. An ultimate goal would be to have a gathering of resource groups to review what services are being provided, who is providing specific services, and what needs are not being met. A questionnaire document will need to be devised to send out to resources to enlist their help as well as find out what services they provide. Newspaper articles are another option to put out the word and recruit volunteers to help in this endeavor. People who have an interest in the senior population need to be identified. The ESPC is a large association of senior groups which currently meets once a month. The Elder Expo would be another good place to generate interest in developing a meeting to discuss needs. Each member of this commission should submit one question that could potentially be on the document to go out to resource groups. The form would include no more than five questions. Questions can be reviewed at September's meeting. Each member should also generate a list of senior groups in their local community to bring to next month's meeting. Questions should be emailed to Patty with CoA on the subject line for identification by September 1. Raeann will take information to the September ESPC meeting.

Local college resources should be utilized. Volunteerism is going to become very important in the future to meet some needs. Data collection and analysis will need to be ongoing as funding changes and resources change. Communication between resources could be encouraged by discovering and promoting a common goal. Area churches are another resource that meet senior needs in their community.

FMH would be another great resource to obtain information on geriatricians and Medicare physicians. A new committee is being developed by the hospital with a goal of reviewing readmission rates. There is a new geriatrician associated with Parkview Medical Group. It would be a good idea to invite him as a guest to a future CoA meeting. Louise and Carolyn will compose an introduction letter.

Development of operational policies and procedures, All -
Deferred.

Senior Forum issues, research of best practices, and question formulation All – One issue that may come up for the new BoCC is the privatization of Citizen's Nursing Home and Montevue Assisted Living which are currently county-owned and funded. The Senior Forum has been scheduled for November 30th at 2pm. The question topics will be similar to the five questions asked last year. It will be held at the Frederick Senior Center on Taney Ave. It was suggested that an example of best practices within the country be shared with the BoCC to garner their support for possible implementation of these practices in Frederick County. Questions will need to be presented to the BoCC two weeks prior for their review. There is a group working on questions at this time. They will meet again at the Frederick Senior Center on September 13 at 12:00. There are other candidate forums which are sponsored by the FNP. Commission members are encouraged to attend these other forums and ask senior need questions. If anyone attends one of these forums, please bring observations back to this meeting.

CoA draft brochure, All – Copies of the brochure were reviewed at today's meeting. One suggestion is to put an extra sheet in the middle with current events and/or initiatives. Christina will check prices at local printers. This commission has no funding for printing. Color prints will be more expensive, but are more attractive. Minor revisions were made to the document.

Elder Expo participation, All - A sign-up sheet was passed around to the table for members to be assigned to an hour block of time for this event. There is no theme and no bingo for this year. The Elder Expo will be held at the fairgrounds on October 14th.

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VI. Announcements – All

The Executive Committee meeting will be held on Tuesday, August 31st.

VII. Adjournment – The meeting adjourned at 2:05 pm.

Respectfully submitted,

Susan M. Ramsburg,
Recording Secretary

Upcoming Dates:

September 13, 2010 - Commission on Aging, 1:00 pm at the Frederick Senior Center, Frederick, MD 21702

September 28, 2010 COA Executive Meeting, 1:00 pm at the Frederick Senior Center

October 14, 2010 – Elder Expo, 9:00am – 2:00pm, Frederick Fairground